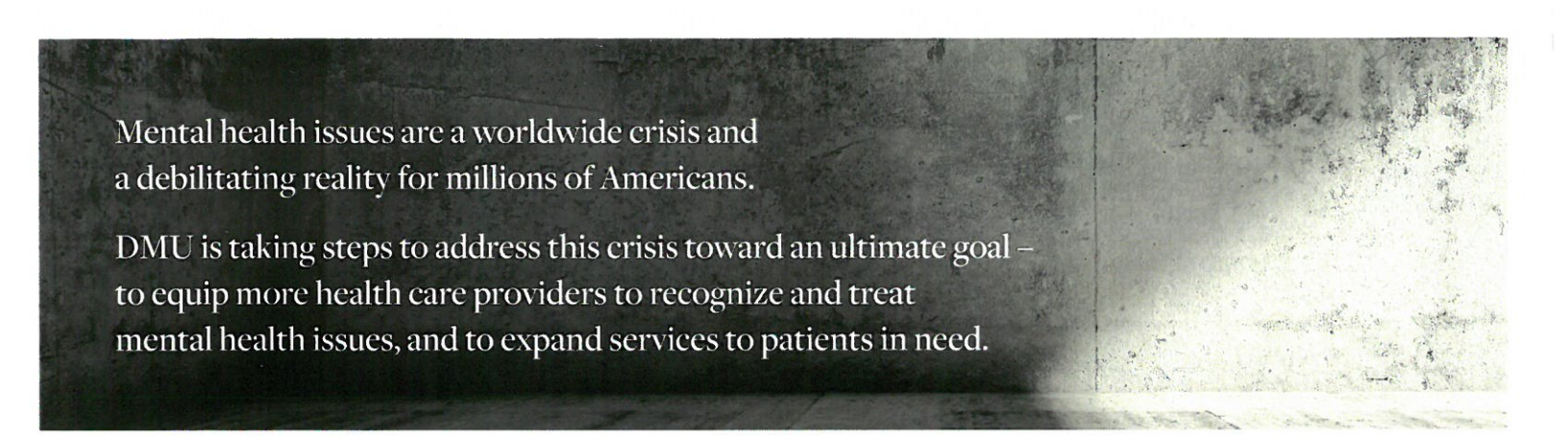


**We have to start somewhere
on addressing mental illness.**



**DMU has.
And we'd like you to join us.**



Mental health issues are a worldwide crisis and a debilitating reality for millions of Americans.

DMU is taking steps to address this crisis toward an ultimate goal – to equip more health care providers to recognize and treat mental health issues, and to expand services to patients in need.

A vision for behavioral health at Des Moines University

Des Moines University is proud to share its progress and plans for a new public-private partnership to address the nation's critical need for expanded, compassionate mental health care.

The needs are critical

The facts paint an alarming picture: Iowa ranks 48th in the nation in the number of psychiatrists per capita. Of our 99 counties, 89 are designated as Health Professional Shortage Areas (HPSAs) in mental health. For Iowans in need of inpatient psychiatric care, the situation is even more dire: There were just two state psychiatric beds per 100,000 residents in 2016, placing Iowa last in the country. Yet mental illness touches almost everyone's life in some way.

The right place to begin

DMU makes sense as a place to start tackling this dire situation. Since its inception in 1898, the University has practiced and promoted the principles of osteopathic medicine, with a focus on holistic, whole-body care.

In addition, the American Association of Family Physicians has recognized DMU as one of the nation's top producers of family physicians. That positions the University well for helping address critical mental health care needs, as these providers are on the frontlines of connecting patients with the special services they need.

Vision in action

When DMU leaders began seeking a curriculum solution to educate students on mental illness, they engaged with the leader in mental health – the National Alliance on Mental Illness (NAMI). In spring 2018, the University became the nation's first medical school to partner with NAMI to offer students the organization's provider training program. Used at the Menninger Clinic, a leading psychiatric hospital in Houston, the NAMI program entails 15 hours of didactic and experiential learning. It is designed to transform the ways psychiatric care is delivered by increasing students' comfort level and compassion in working with individuals and families suffering from mental illness.

In tandem, research is underway on the impact and outcomes of the training, which will be shared with medical schools nationwide.

“We learn so much about helping patients with physical issues, but not those with mental health issues. Mental illness is treatable and a malfunction in the body that we often can fix. People shouldn't be embarrassed to get treatment, and we need training to provide it.”

ERIKA JAWORSKI, THIRD-YEAR OSTEOPATHIC MEDICAL STUDENT, DMU

Commitment from the top

When Angela Franklin, Ph.D., arrived at Des Moines University to serve as the 15th president of the 120-year old institution, she brought a passion for the importance of sound mental health and mental health care delivery. As a clinical psychologist, chair of the Health Cabinet for the United Way of Central Iowa and an integral member of the Central Iowa Community Health Needs Assessment Team, she crystalized her vision for a comprehensive and sustainable mental health educational opportunity for students at Des Moines University. That vision is now in action with a grant from the Mid-Iowa Health Foundation and funding from the Iowa Legislature. DMU is seeking additional support to sustain and expand the effort.



A three-part solution

DMU envisions an initiative that provides high-quality educational experiences to students and providers, offers much-needed mental health services to patients and dispels debilitating stigmas of mental illness.

PHASE I – Educating students: In June 2018, a pilot of 50 osteopathic medical students, who have indicated a preference for serving in Iowa, experienced the three-day NAMI provider training program. The facilitators were trained by the director of information and support of the national NAMI education office. Each small group of training participants has three facilitators: an individual with lived experience, a family member of someone with a mental illness and a provider with experience in treating mental illness. Thanks to investments by the Mid-Iowa Health Foundation and the Iowa Legislature, the program will be required and expanded to all students in DMU's four clinical programs (osteopathic medicine, podiatric medicine, physician assistant studies and physical therapy).

PHASE II – Serving patients: The University is committed to establishing a new behavioral health clinic on the sixth floor of the DMU Clinic on campus. That will be a critical resource for the community. The Student Counseling

Center will move to become part of the new clinic space, where counselors can support and mentor students. The new space also will allow clinical students to interact with patients, under physician supervision, further enhancing their training. DMU seeks donor support to plan, implement and staff this new clinic.

PHASE III – Enriching the health care workforce: Tackling the mental health care crisis will require training future psychologists as well as medical students. DMU intends to develop an internship site in psychology, accredited by the American Psychological Association, staffed by one licensed psychologist as director and two licensed psychologists to provide supervision and training. The staff and interns will collaborate with the providers and students in DMU's new behavioral health clinic described in Phase II. Achieving final accreditation is a five-year process.

Health care providers increasingly need a heightened sensitivity and deeper knowledge to the meet the challenges of helping patients and families suffering from mental health issues. DMU is well positioned to deliver on this commitment. Please join us.

Three-Phased Approach

**PHASE I
Education**

**PHASE II
New Behavioral
Health Center**

**PHASE III
Workforce**



PROGRAM PARTNERS

These entities understand that when it comes to addressing the devastating impact of mental illness on patients, families and communities, we must start somewhere. They have joined Des Moines University in its visionary initiative to train health care providers in recognizing and treating these conditions and overcoming their harmful stigmas.

Mid-Iowa Health Foundation

3900 Ingersoll Avenue, Suite 104
Des Moines, IA 50312

Prairie Meadows Legacy Grant

1 Prairie Meadows Drive
Altoona, IA 50009

National Alliance on Mental Illness (NAMI)

3803 North Fairfax Drive, Suite 100
Arlington, VA 22203

NAMI Iowa

3839 Merle Hay Road, Suite 229
Des Moines, IA 50310

Delta Dental of Iowa

P.O. Box 9000
Johnston, IA 50131

State of Iowa

1007 East Grand Avenue
Des Moines, IA 50319

Our citizens and our nation require this response now more than ever. Our sense of urgency is great – as is our opportunity. Together, the state of Iowa and DMU can change the fate and future of generations to come.

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